



Northwest Como Recreation Center
1550 Hamline Ave. N 55108 651-298-5813

Upcoming Activities

****Registration Deadline is at least one week before activity begins****

Mad Science: -My First Lab Camp

From creepy crawling things and fossils to bubbles and experiments with air pressure, preschool children discover a wide variety of fascinating science topics. Learning about something new every day, children perform experiments and make fun take home projects.

Start Day: July, 26th-29th **Time:** 9:00am-12:00pm **Cost:** \$105 **Ages:** 3.5-5

Abakadoodle: Princess, Fairies, & Ballerinas (Girls Only) Camp

We are offering this favorite little girl camp with lots of new projects for 2010. We now will also add an art day featuring Ballerina art projects. We'll decorate tiaras, create wands, make model magic ballet slippers, make a tutu, paint wooden jewelry boxes, and more! Please bring a favorite snack.

Start Day: Aug, 2nd-5th **Time:** 10:00am-12:30pm **Cost:** \$95 **Ages:** 3.5-6

Artist Workshop Class

Artist's Workshop is designed to teach students who have a strong interest in art. They will use gesture drawing and contour drawing which will help students mark their paper to better enable them to draw in proportion. They will use watercolor, oil pastels, soft pastels and acrylic paint exploring the different mediums. Students will be introduced to the Masters: Van Gogh, Monet, O'Keeffe, and Picasso. **Each student must bring an 11X14 frame or larger. NO CLASS July 5th**

Start Day: Tues, June 22 nd	Grades: k-1	Time: 10:00am-12pm	Cost: \$40	Sessions: 6
Start Day: Mon. & Wed., June 21 st	Grades: 1-3	Time: 10:00am-12pm	Cost: \$70	Sessions: 12
Start Day: Mon. & Wed., June 21 st	Grades: 4-Up	Time: 12:30-2:30pm	Cost: \$70	Sessions: 12

Cheerleading Dance/Tumbling Camp

An Introductory program designed for children ages 4-8 years old. This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. No pressure, just lots of fun while learning: motion/jump technique and sideline/performance cheers, dance routines. On final day participants will perform a cheerleading program in front of friends and loved ones. Participants should bring: appropriate clothing/shorts/t-shirt, two snacks and a water-bottle, sun screen, and tennis shoes. Participants will receive: pom-poms and sports unlimited water bottle.

Start Day: July, 19th - 22nd **Time:** 9:00am-12:00pm **Cost:** \$80 **Ages:** 4-8

Mad Scientist -Jr. Scientist Camp

Start your science career off right with fun hands-on activities. Each day is a different theme. Learn about various animals and start your own insect collection; learn about the weather and space and assemble an ultraviolet sensitive keychain. Watch a volcano explode, change your voice, make an anatomy apron, and mix your own batch of slime.

Start Day: July, 12th - 15th **Time:** 9:00am-12:00pm **Cost:** \$95 **Ages:** 5-7

Lacrosse Camp - Little Ripper Camp

The fastest growing team sport in America! This camp is designed for both girls and boys ages 5-8. Non-contact lacrosse, also known as "soft lacrosse" is played. Individual skills taught: Catching, throwing, scooping and cradling. Campers will be divided by age and skill level. Sports Unlimited provides all equipment.

Start Day: June, 21st - 24th **Time:** 9:00am-12:00pm **Cost:** \$75 **Ages:** 5-8

Toy Making & Learning to Play Camp

Kids will learn about a variety of skill based toys from around the world, how to make them and how to play with them. We first demonstrate and teach the history behind each of the toys. Then students try them out as we assist in hands-on learning. Recycled materials will be used in the class and teachers will instruct students, step by step, on how to make skill toys such as juggling sticks, juggling balls, staffs batons, or poi which they can take home with them. Kids are excited to make their own toys to play with while doing their share for the planet!

Start Day: July, 12th - 14th **Time:** 1:00-4:00pm **Cost:** \$70 **Ages:** 8-12

Visit us on the web: www.stpaul.gov/parks

Upcoming Activities Cont.

****Registration Deadline is at least one week before activity begins****

651-298-5813

Visit us on the web: www.stpaul.gov/parks

Soccer Camp

This camp is designed to introduce the sport of soccer through skill development and small group games. Sports unlimited staff will focus on helping the children learn the rules of soccer while working on team play and sportsmanship. Individual skills taught: shooting, passing, dribbling along with learning the strategies of offense and defense. Children will be divided by age and skill level. Staff to camper ratio is 10:1. Please bring shin guards, water bottle, sunscreen, snack and a great attitude!

Start Day: July, 19th – 22nd

Time: 1:00-4:00pm

Cost: \$75

Ages: 6-12

Flag Football Camp

This camp is designed to introduce the young athlete to the sport of flag football through skill development and small group games. Sports Unlimited staff will focus on helping the campers learn the rules of flag football while working on team play and sportsmanship. Individual skills taught: passing, catching, kicking along with learning the strategies of offense and defense. Children will be divided by age and skill level. Staff to camper ratio is 1-10. Please bring a water bottle, sunscreen, and a great attitude!

Start Day: Aug, 2nd – 5th

Time: 1:00-4:00pm

Cost: \$75

Ages: 6-12

Mad Science Secret Agent Camp

Sharpen your under-cover skills; use spy technology to listen in on secret conversations. Take home your spyglasses. Send and retrieve top secret messages with your own Code Kit. Use a laser beam to identify voices. Build a secret safe; attempt to defeat, several security systems.

Start Day: July, 26th – 29th

Time: 1:00-4:00pm

Cost: \$95

Ages: 7-12

Video Game Animation Jr. Camp

Dive into the world of video game design and animation by creating characters that dance, sing and interact with one another. Working in pairs students will add sound effects and music clips to create a dynamic video animation game using Scratch, the innovative programming language created just for kids by the MIT media lab. Learn to make 2D video games in the hands-on class. Students in this class will create 3-6 mini games. Games created in class will be available online or students can bring in a USB drive for immediate access.

Games are uploaded to www.computerexplorersmn.com/StudentWork

Start Day: Aug, 9th – 12th

Time: 10:30am-12:30pm

Cost: \$90

Grades: 1-3

Digital Comic Book Design and Graphics Camp

Write and design your own comic book tales about princesses, goblins, genies, and princes. Create your own characters (even scary looking monsters!) for your comic book scenes. Students working in pairs will use innovative comic book software, digital art and photos to illustrate their story. The completed creations can then be posted to blogs and e-mailed to friends, or printed in a comic book form. Students must bring a USB jump drive the last day to take home their projects.

Start Day: Aug, 9th – 12th

Time: 1:00-3:00pm

Cost: \$90

Grades: 2-6

Mannerly Manners Class

Mannerly Manners a leading etiquette source supports family values and helps kids navigate life by teaching the basics of "manners for everyday life" from proper introductions, to first impressions, and conversation skills, to table manners. We aim to spark the imagination and empower children with the fun activities that instill a clear understanding of how these skills can build self-confidence and prepare them for any social situation.

Start Day: Mon., July 12th

Time: 6:30-7:30pm

Cost: \$70

Ages: 7-17

Sessions: 3

Lacrosse Camp – Big Ripper

The fastest growing team sport in America! This camp is designed for both girls and boys ages 5-8. Non-contact lacrosse, also known as "soft lacrosse" is played. Individual skills taught: Catching, throwing, scooping and cradling. Campers will be divided by age and skill level. Sports Unlimited provides all equipment. Staff ratio 1-8.

Start Day: June, 21st – 24th

Time: 1:00-4:00pm

Cost: \$75

Ages: 8-12

Upcoming Activities Cont.

****Registration Deadline is at least one week before activity begins****

Volleyball Class

Bump, set, spike! Focus on fun and fundamentals in a fun and exciting atmosphere. Sportsmanship, team and individual skills will be learned through group activities, fun games, and scrimmages. Participants will receive a t-shirt and are encouraged to bring a water bottle.

Start Day: Wed., June 23rd **Time:** 6:30-7:30pm **Cost:** \$40 **Ages:** 9-14 **Sessions:** 6

Aero Space Engineering Camp

This amazing class is a journey into the world of Aerospace engineering, and allows student's minds to travel by land and by air. Your student will learn the fundamentals of building and engineering in this exciting hands-on class. Student will build, test, launch then customize different projects while exploring aerospace design. Students will be building their own models to take home including; Hot air balloons, gliders, cars, parachutes, and kites. We will use a Hot air balloon launcher to gracefully launch our balloon up. We will conduct speed, distance, and durability challenges to test our other models.

Start Day: July, 19th-22nd **Time:** 6:00-8:00pm **Cost:** \$25 **Ages:** 13-16

Red Cross Babysitters Training

Students will develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Students MUST be age 11 years old by the class date. Students must bring a bag lunch and beverage.

Start Day: Tues., June 15th **Time:** 9:00am-4:15pm **Cost:** \$60 **Ages:** 11-UP **Sessions:** 1

Kickin it old school Activity

Teens will meet and play/compete in a fun atmosphere weekly. They will play different activities each week such as flag football, floor hockey, wiffle ball, and dodgeball.

Start Day: Thur., July 8th **Time:** 4:00-5:00pm **Cost:** FREE **Ages:** 13-16 **Sessions:** 4

Art –Jewelry Making Class

Learn how to handcraft your own earrings, necklaces, bracelets, key chains and more. Explore different handcrafting techniques using different methods. All the supplies and tools needed, will be available at the sessions.

Start Day: Wed., Aug 4th **Time:** 6:30-8:00pm **Cost:** FREE **Ages:** 13-16 **Sessions:** 3

Yoga for Caregivers Class

A caregiver is anyone who looks after another person. This yoga class gives you the benefit of exercise and stretch along with relaxation and quiet time. Any adult who looks after their kids, a senior citizen, spouse or any individual in need is welcome to take part. In partnership with the Como Park Living At Home Block Nurse Program and Northwest Como Recreation Center this Yoga class will give you your time to exercise and de-stress. Bring a mat and blanket to class. All levels are welcome.

Start Day: Tues., June, 22nd **Time:** 6:30-7:30pm **Cost:** \$20 **Ages:** Adults **Sessions:** 8

Como Neighbor Night Special Event

Northwest Como Recreation Center, District 10, Coffee Grounds, and the Chelsea Heights PTO will join together for a fun evening of activities for the whole family. The evening will conclude with a Comcast Movie in the Park Showing "The Incredible Mr. Limpet" at sunset.

Start Day: Fri., July 23rd **Time:** 6:30-11:00pm **Cost:** FREE **Ages:** All

651-298-5813

Visit us on the web: www.stpaul.gov/parks